



Rutherford County Juvenile Detention Center

1710 South Church Street, Suite 4 * Murfreesboro, TN 37130 * (615) 898-7954

PARENT CONNECTIONS

Active Parenting Classes Now Forming!

Active Parenting
of Teens
third edition



The Rutherford County Juvenile Detention Center is excited to present Active Parenting of Teens classes available to parents interested in creating harmony and stability in your family while raising your teens to be responsible, courageous and prepared for independent life.

The challenge of successfully ushering children through their teen years has always been among parents' hardest tasks.

In today's society where children seem to become adults overnight, and where they often make decisions about drugs, sexuality and violence before they understand the

consequences, a parent's job is more important than ever. So how can you ensure that your teens develop the skills and character they need to not only survive but to thrive as they gain independence?

Active Parenting of Teens will show you how! In six sessions packed with activities, discussion, real-world examples and feedback, you'll learn a proven approach to parenting, plus techniques and insights for

overcoming obstacles that will bring happiness and harmony into your home. You will leave each session energized and motivated to make positive and realistic changes in your own family's daily life.

Join us at the next session and see the difference!

When?

Thursdays 5:30-7:30
August 22-September 26

Where?

Youth Services Conference Room at the Juvenile Services Center
1710 S. Church Street
Murfreesboro

How do I sign up?

Contact Kacye Watson
615-898-7954

Ten Tips on Being a Diligent Parent

- Allow choices whenever possible. Kids learn to make good choices...by making choices.
- Remember the power of saying "no." This is part of your job! Keep working with your teen and always explain the reasons behind your boundaries.
- Follow through with appropriate consequences. Set limits in advance and stick to them!
- Re-evaluate your habits occasionally. Honestly assess yourself and your parenting skills and make adjustments when needed.
- Be consistent! It helps teens know what is expected from them.
- Be patient. Give yourself—and your teen—a break.
- Keep up with your teens world. Even in the midst of chaos, you need to know about the culture that's pressuring and misinforming your son or daughter.
- Enjoy your teen. Being a parent to a teen is not all hard work. Teens can be fun! They are daring, willing to play and explore life!
- Meet apparent rejection with acceptance. No matter how your teen responds...hug them and tell them you love them.
- Make encouragement a habit. Care enough about your teen to encourage them each and every day.

Parenting Classes limited to 12 parents and its FREE!

Teens Learning Important Life Skills In Detention

Life skills are not hereditary; they must be taught. With this in mind, we dedicate ourselves to building social and emotional fitness in troubled youth in our facility. The Rutherford County Juvenile Detention Center incorporates the ARISE Life Skills Curriculum in the daily activities of our youth. We enable youth to achieve their highest potential as law abiding citizens through ARISE group sessions conducted by well trained, caring ARISE Facilitators. Topics include self-esteem, anger management, job readiness, drop-out prevention, substance abuse education, and other mental health and social issues.



children are great imitators. so give them something great to imitate.

WWW.VERYBESTQUOTES.COM

PARENT CONNECTIONS

Computer Lab Brings New Learning Opportunities to Detention

Thanks to Title I Federal Funding, the students at Rutherford County Juvenile Detention Center are enjoying the learning benefits of a new computer lab. This lab allows students to participate in cutting edge educational opportunities and stay on track with work assignments from their home schools when necessary.

PLATO Courseware, an Edmentum online learning program, provides rigorous, relevant curriculum that challenges the students during

their stay in detention. Edmentum takes a 21st Century approach to education using interactive media rich content to engage the students. Additionally, students can participate in pre-testing and post-testing to measure their progress in each subject.

Edmentum includes all of the basic courses in the Tennessee Core Curriculum as well as electives such as personal finance and social issues. GED, ACT and SAT preparation are also available to

those students that need assistance preparing for exams.

"We are extremely excited about the opportunity to customize the educational plans for our students according to their individual needs and goals. The students particularly like seeing themselves master the skills as they progress through the program. It is another way to boost their self-esteem," said Kacye Watson, Programming Coordinator at the Juvenile Detention Center.



Over 1,000 Books Added to New Library in 2013



*New and Improved Library located
In the Housing Area*

The Rutherford County Juvenile Detention Center is one of the many new assets available to our residents thanks to Title I Funding Opportunities. New shelving, sitting area, literature displays and over 1,000 books have been added to the library since January 2012. Residents have the privilege of visiting the library and checking out books to read in their rooms at their leisure. In fact, many residents have discovered their love for literature and reading while in detention! Throughout the year

there are events focused on reading in the detention center including book fairs, reading contests, illustration units and book reports. "The library has been very instrumental in encouraging the kids to read more and enjoy new experiences. Teacher, Crystal Crismon stated, "When they kids first come here, many have stated that they have hardly ever or never read, but by the time they leave, they are excited about reading and talk about reading more once they get home."

"Landing a New Job" Kits Available

Many of our residents will leave detention and begin the job search process. "Landing a New Job" kits are now available to teens when they leave detention. These kits include several helpful resources to help them tackle the task. "Finding a Job" launch and learn interactive CD is included in the kit as well as a "Being Successful at Work" handbook. Additionally, teens will receive

pocket reference guides on interview skills, leadership skills and becoming an effective leader. These resources will complement the job readiness skills that the teens work on while in detention and hopefully combine for a successful job search process! Job Kits are available in the booking department.

**The more that you read,
the more things you will know.
The more that you learn,
the more places you'll go.**

-- Dr. Seuss

*For questions, comments, and/or suggestions regarding
any of the programming at the
Rutherford County Juvenile Detention Center,
Please Contact:*

**Kacye Watson, Programming Coordinator
615-898-7954 or kwatson@rutherfordcountyttn.gov**